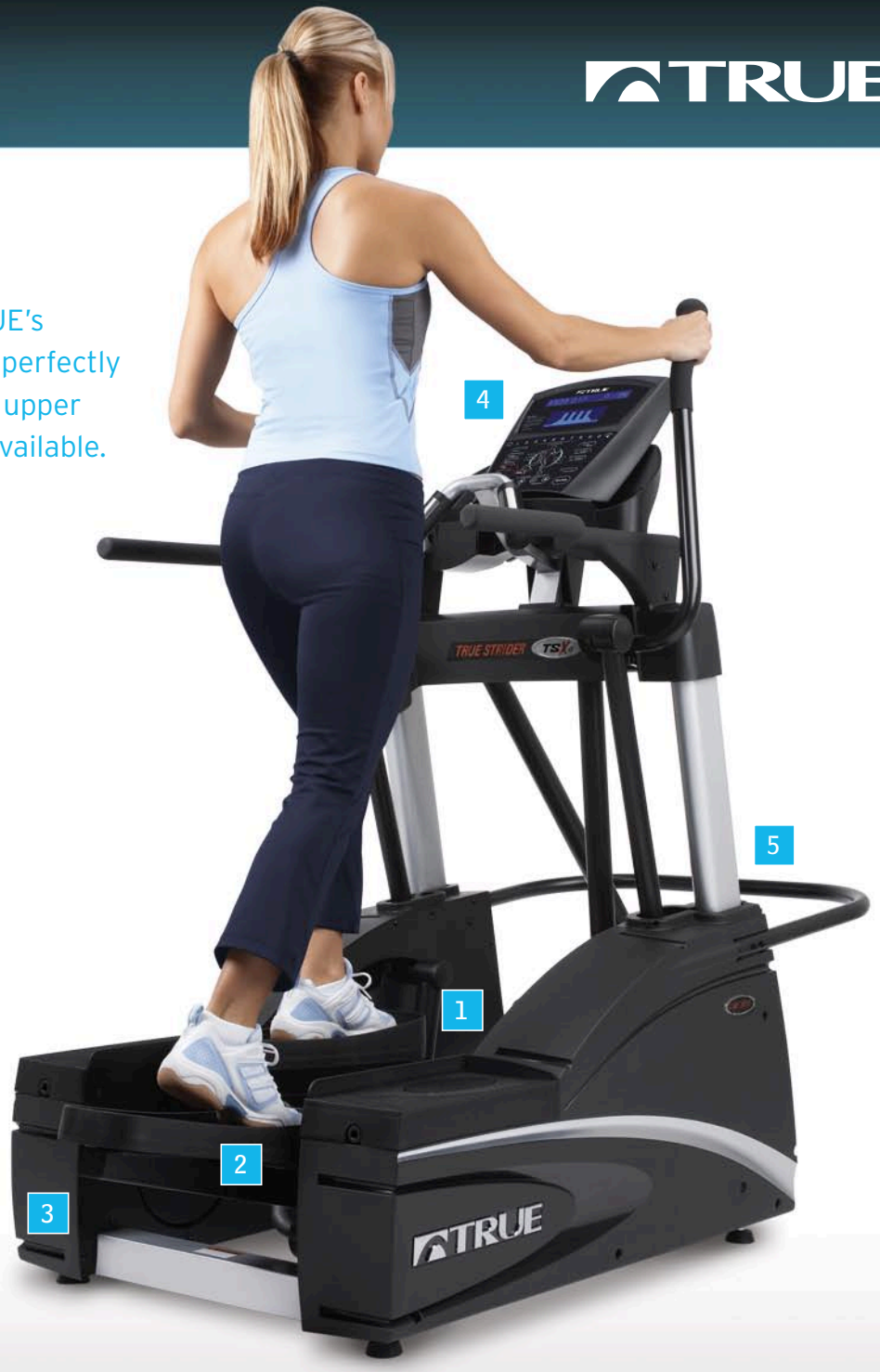
TSX™ Elliptical Cross Trainer

TRUE Fitness® has set the cardio standard with a revolutionary new design in elliptical technology. TRUE's patented Core Drive™ system is centered to deliver a perfectly balanced, total-body workout. The TSX truly isolates upper and lower body areas with the most natural motion available.



1 Keep Your Body in Balance with the Core Drive™ System

Step onto TSX's side steps to isolate your upper body or use only the footpads for lower body, or use both simultaneously for a total-body workout. Plus, TRUE's exclusive mix3™ program will guide you through an invigorating full-body workout sequence in as little as 20 minutes. It's like having a personal coach at your disposal 24 hours a day.

2 Exercise Comfortably and Naturally

The TSX Elliptical Cross Trainer minimizes foot fatigue with SoftStep™ footpads. And with the TSXa model, you can adjust your stride length from 17" - 26" with the touch of a button.

3 Keep Your Workout Safe

Most elliptical machines require you to step over their high frames from the side. With the TSX, sturdy side steps and handrails help you safely enter from the back of the machine.

4 Effective and Easy to Use

Implement variety in your workout using four pre-set programs and 25 resistance levels. The TRUE TSX provides all users with an effective workout that's easy to follow on crystal clear LED (TSX) or LCD (TSXa) screens. Plus, the HRC® (Heart Rate Control) function will automatically change resistance to keep your heart rate in a pre-selected range.

5 Made to Go the Distance

The TRUE TSX is manufactured with commercial-grade materials and the finest components for extreme durability. Coupled with a great warranty and service plan, you know your TSX Elliptical Cross-Trainer will stand up to years of heavy use.

TRUE
my goal. my path. my machine.

TSX

TSXa

	TSX	TSXa
Drive System	Core Drive™	Core Drive™
Stride	Fixed: 21" (53 cm)	Adjustable: 17"–26" (43 cm–66 cm)
Workload Range	10 Watts to 300 Watts	10 Watts to 300 Watts
Brake System	Eddy Current	Eddy Current
Manual	25 Levels	25 Levels
Display	LED	LCD
Data Readouts	Time, Distance, RPM, Heart Rate, Work Level, Watts, METs, Calories	Time, Distance, RPM, Heart Rate, Work Level, Target HR, Time Remaining, METs, Calories
Message Center	16 Characters	16 Characters
Quick Start	●	●
Numeric Key Pad	●	●
Express Command Keys	7	7
Pre-Set Programs	4	4
Special Programs	Upper Body Only, Glute Buster, Leg Shaper, mix3™	Upper Body Only, Glute Buster, Leg Shaper, mix3™
Heart Rate Monitoring	Contact and Telemetry	Contact and Telemetry
Heart Rate Control	●	●
HRC® Programs	Time-Based	Time-Based
Infinite Workout Pause	●	●
Reading Rack / CD Holder	●	●
Accessory / Water Bottle Holder	●	●
Safety Features	Extended Handrails for Safe Entry & Exit, Side Step-on Areas & Low Step-up Height	Extended Handrails for Safe Entry & Exit, Side Step-on Areas & Low Step-up Height
Upper Body Arms	Ergonomically Designed	Ergonomically Designed
Pedal Spacing	2"	2"
Footpad Surface	SoftStep™ Orthopedic Antifatigue Material	SoftStep™ Orthopedic Antifatigue Material
Step-up Height	Foot Skate Lowest Position: 11"	Foot Skate Lowest Position: 11"
Transport Wheels	2 in Front	2 in Front
Power Source	115V AC, 60Hz, 1 A	100–240V AC, 50–60Hz, 1.6 A
Frame Powder Coating	Titanium and Black	Titanium and Black
Footprint (Static)	62"L x 31.5"W x 62.5"H (152 cm x 81 cm x 160 cm)	65.5"L x 31.5"W x 62.5"H (166 cm x 81 cm x 160 cm)
Footprint (Dynamic)	72"L x 31.5"W x 62.5"H (178 cm x 81 cm x 160 cm)	77.5"L x 31.5"W x 62.5"H (190 cm x 81 cm x 160 cm)
Elliptical Weight	295 lbs (121 kg)	306 lbs (134 kg)
Maximum User Weight	350 lbs (159 kg)	350 lbs (159 kg)
Warranty (years)	Frame (30), Electronics (5), Parts (5), Labor (1)	Frame (30), Electronics (5), Parts (5), Labor (1)

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